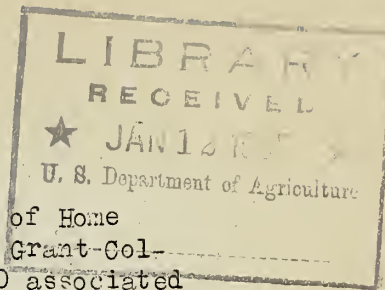


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RECENT ADVANCES IN HOME ECONOMICS RESEARCH THAT HAVE
BENEFITTED THE FARM HOME



A radio talk by Margaret Fedde, Chairman, Department of Home Economics, University of Nebraska, broadcast in the Land Grant College program, Wednesday, November 21, 1934, by NBC and 50 associated radio stations.

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Since it is just a little over ten years ago that our government went on record favoring research for the benefit of the farm home by appropriating funds for that purpose, I believe that many in my radio audience will be interested to know what results have been obtained that are available today.

I am sure we all realize that while this research is aimed to benefit the farm home that many of the results are of use to urban homes as well, since fundamentally about the same activities and objectives obtain in most homes whether they be in the city or in the country.

The research that has been conducted in foods and nutritions has aided considerably in meeting our health and economic needs. For example we have learned that tomatoes are rich in Vitamin C, which contributed to good health and well being. Therefore today people everywhere are raising and eating more tomatoes than ever before. Not only are doctors prescribing tomato juice for babies when food budgets are restricted, but we find tomatoes served in one form or another in hotels, restaurants and on the family table either as an appetizer or as a main part of the meal.

The lowly carrot and vegetables in general are eaten much more frequently and generally than formerly because research has shown that the minerals and vitamins will help to build bones and teeth or are needed to promote health.

A good deal of experimental work is being conducted in food cookery in various parts of the country. Studies in the use of soft wheat flour for bread making which have been conducted in Missouri, Illinois and Kansas have resulted in the development of successful methods for making bread from flour milled from locally grown wheats. These studies have demonstrated that short time processes in bread making yield very satisfactory results. This work is particularly significant in recent years since bread making in the farm home has increased.

Investigations in the use of lard indicate that satisfactory cakes can be made with lard and that quality, texture and flavor can be markedly influenced by different methods used in combining ingredients.

A good deal of work has been done in meat and other food cookery which has changed considerably our methods of cooking these products in order to save time, money, food values or to improve flavor and palatability.

Perhaps the most vigorous research in the past ten years has been conducted in foods and nutrition, consequently there is available today a body of information which is being used to promote health and growth in babies, children and adults.

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In the past three years we have had some important studies made with the cooperation of farm homemakers which show clearly what the farm income has been during these trying years and what proportion of this income has come from poultry, dairy products or from the home garden. These studies are and will continue to be valuable in planning the standard of living that is desired in our farm homes.

Some very important studies have been made in housing and in equipment which will be of invaluable assistance to those families who are contemplating purchasing equipment, building new houses or remodeling their homes. One of these studies in housing which was made in Oregon and published in bulletin form has much helpful material which, if used, by architects and homemakers in planning their homes would result in "serving completely and efficiently the needs and interests of the farm household" especially in the part of the country where this study was made. "This bulletin if properly used should aid not only the family with capital enough to build but also the family with a limited sum at its disposal."

A study on kitchen equipment and arrangement conducted in Vermont will interest women who live in houses with rather large kitchens. Here farm kitchens which were inconvenient in arrangement were studied, then rearranged and results compared. It was found that considerable time and energy were saved for the worker, which certainly are important factors in any busy farm home.

A number of studies in the selection and use of equipment have been made which will aid the homemaker in selecting equipment that is safe, efficient, economic and easily cared for. Nebraska has made some studies on kerosene stoves where we found that the stove with the long chimney type of burner is the most satisfactory.

In our study on electric stoves we found among other things, that the light weight types of enclosed heating units which have been developed within the past three years are the least expensive and desirable to operate.

In the field of child development and family life some significant research has been made which is being applied today, in improving home techniques. For example, it has been found that anger is most prevalent in small children between the hours of 11 and 12 a.m. and 5 and 6 p.m. Mothers are making use of this information in two ways: (1) They are studying the cause of this emotional upset and if it is hunger they endeavor to eliminate the cause of the pre-disposition to anger by changing the child's meal hours; or (2) Mothers are studying themselves, to see if their own fatigue and excitement have any reflection in the child and if so they plan their work in such a way that their "peak loads" do not come during the hours mentioned above.

I have been able to select only a few outstanding contributions that Home Economics Research has made that is benefitting the farm home. Your State Agricultural and Home Economics College or our Bureau of Home Economics in Washington, which has a significant program of research for the benefit of the consumer will be glad to send you bulletins or printed material that will help you in your homemaking problems whether they are in textiles and clothing, housing and equipment; nutrition and food preparation or in child development and family life.

The purpose of research in home economics today is for the benefit of the American home and particularly the rural home. And if through research and teaching which always follows research, we can create resources that will contribute to health, benefit our economic welfare, or improve interests in and attitudes toward home and family life we can well afford to spend much more in time and money on our research and teaching programs than at present; for is not the end and aim of life to make more homes satisfactory and successful, in order that we and our children may be vitally interested in and capable of creating a society in which life may be fuller and richer for all!

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